

PATENT APPLICATION

OF

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FOR

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ON

ENERGY FITNESS WATER

Sheets of Drawings: None

File No. LB-1001

## ENERGY FITNESS WATER:

This invention relates to a bottled water that increases overall cardiovascular and physical energy and suppresses appetite to reduce weight by inhibiting fat production and keeping the taste as water.

## BACKGROUN OF THE INVENTION:

Traditionally bottle water is plain or in some cases flavor is added to increase the palatability and drinkability of the water. Currently some bottled water are sold as spring water that contains flavors, vitamins, non-nutritive or nutritive sweeteners and processed at 195 F by lowering pH using fruit acids, such as citric, malic, or phosphoric acid. A taste test was conducted using experience sensory panel comparing spring water with flavor and sweetener verses plain bottled water. The plain bottled water was significantly preferred over spring water with fruit acids and sweetener. The panel made comments that spring water tasted like diet beverage and was not acceptable as bottled water. The use of fruit acids in bottled water causes strong sour taste that is usually eliminated by adding non-nutritive or nutritive sweetener with flavor.

## SUMMARY OF THE INVENTION:

The present energy fitness water comprising energy ingredients, such as, D-Ribose, L-Carnitine, Co-enzyme Q10, Adenosine triphosphate, Taurine; fitness ingredients that is Garcinia combogia (Super CitriMax HCA), Chromium picolate, Chromium polynicotinate; minerals and vitamins such as Calcium, Magnesium, Potassium, Zinc, Pyridoxine Hydrochloride, (Vitamin B6), Cyanocobalamine (Vitamin B12), Folic Acid, Niacin, Calcium pantothenate, and stabilized with L-Aspartic acid to reduce the pH below 4.6 for hot fill or without L-Aspartic acid for aseptic processing while keeping the taste similar to plain bottled water. This energy fitness water may also contain non-nutritive sweeteners, masking flavor, fruit flavors, and food coloring. Water prepared from such energy fitness ingredients may have the pH 4.0– 7.0 and processed at 195 – 210F or aseptically. The advantage of energy fitness water is to increase cardiovascular fitness and overall physical energy, increased performance and endurance, to suppress appetite and inhibit fat production to help weight loss, and to provide essential minerals and vitamins to enhance the intake of bottled water with added value.

The energy ingredients, D-Ribose, L-Carnitine, Co-enzyme Q10, Adenosine triphosphate, Taurine, allows to offer an alternative water to consumer and offers added value to provide energy. The lack of carbonation and added minerals, vitamins, and amino

acids, permit more rapid ingestion of water during periods of extreme thirst by the consumer. The inclusion of flavors without added calories would provide variety of taste without the concern of many calories to the end users.

This invention of energy fitness water that contains specified energy ingredient based on scientific studies as a single energy ingredient or combination of two or more ingredients depending upon the economics of the product. The specified energy ingredients are D-Ribose, L-Carnitine, Co-enzyme Q10, Adenosine triphosphate, and Taurine. The fitness ingredients contain, Garcinia combogia (Super CitriMax HCA), Chromium polynicotinate, or Chromium picolate. The minerals, vitamins, L-Aspartic acid, flavors, non-and nutritive sweeteners, are added to enhance the taste and nutritional value of water. The zero calories or few calories are highly beneficial to the consumers who wish to limit total calorie intake. The lack of carbonation should provide for rapid consumption of this product without the gassy/bloated feeling that usually occurs when copious amount of highly acidic carbonated beverages are rapidly consumed to alleviate thirst.

#### ESSENTIAL FORMULATION COMPONENTS ARE:

Water: Reverse osmosis, de ionized chlorine free, filtered water is important for this water.

#### ENERGY INGREDIENTS:

D-Ribose: D-Ribose is a simple carbohydrate molecule found in every cell in the human body. D-Ribose is critical in the continuous production of ATP, the molecule which give our muscles and our heart the energy they need to perform. All muscles in the body rely on a constant supply of ATP for the energy they need to function properly. D-Ribose when taken as a nutritional supplement, bypasses the slow conversion steps to adenine nucleotides, and is readily available for inclusion in the recycling of ATP. Research indicates that those who have taken D-ribose, show that D-ribose provides: an overall increase physical energy levels; substantial increases in cardiovascular fitness and exercise; substantial reduction in recovery time following strenuous exercise or heavy labor; increased performance and endurance, and substantial reduction in post exercise stiffness and cramping.

L-Carnitine: Research indicates that L-carnitine enhances aerobic performance and allows the body to exercise longer without fatigue. Aids cardiac function by fueling the

heart with energy, raises HDL levels, lowers triglycerides and reduces hypertension. It also assists in the burning of body fat.

Co Enzyme Q10 is a powerful antioxidant. It plays a critical role in the production of energy in every cell of the body. CO-Q10 aids in circulation, and stimulates the immune system.

Adenosine Triphosphate (ATP) is a stored energy that works by losing the endmost phosphate group when instructed to do so by an enzyme. This reaction releases a lot of energy, which the organism can then use to build proteins, contract muscles, etc. The reaction product is adenosine diphosphate (ADP), and the phosphate group either ends up as orthophosphate (HPO<sub>4</sub>) or attached to another molecule (e.g. an alcohol). Even more energy can be extracted by removing a second phosphate group to produce adenosine monophosphate (AMP).

Taurine: Taurine is an amino acid, component of bile acid, that are used in metabolism of fats and fat soluble vitamins for releasing energy. Taurine also regulates heartbeats, maintains cell membranes stability and helps prevent brain cell overactivity.

#### FITNESS INGREDIENTS:

Garcinia combogia (Super CitriMax HCA): (-) Hydroxycitric Acid (HCA) is the active ingredient of Garcinia combogia that is the stabilized non-lactonized calcium and potassium salt of the free form of the acid and supplies 60% HCA by weight. Research indicates that HCA decreases synthesis of fats, including triglycerides and cholesterol; substantial increases in production of glycogen, decreases in appetite thus encourage weight loss, and are safe for consumption.

Chromium polynicotinate or Chromium picolate: Chromium polynicotinate (ChromeMate) and Chromium picolate are exceptionally bioactive source of the essential mineral chromium. Chromium plays a vital role in "sensitizing" the body's tissues to the hormone insulin. Research indicates that chromium helps to control appetite especially sugar cravings. It is believed that chromium sensitizes the "glucostat" in the brain that monitors blood sugar availability and tells you when you are hungry or not hungry. Chromium also helps to preserve muscle in dieters so that they burn more fat and less muscle. Clinical trials with 200 to 400 micrograms of chromium daily produced significant benefits.

L-Aspartic acid: An amino acid that is crystalline powder, odorless and has a slight acidic taste. This weak amino acid is used to lower the pH below 4.6 without altering the taste of bottled water.

Minerals: Organic or inorganic salts of Calcium, magnesium, zinc, and potassium salts premix provide essential minerals for healthy joints, muscles, nerve functioning and help regulate blood pressure.

Vitamins: Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamine (Vitamin B12), Folic Acid, Niacin, vitamin C, and Calcium pantothenate are B-complex vitamins and are added to compensate the deficiencies of B-vitamins and also optimize the metabolic pathways where B-complex vitamins are used as co-enzymes.

Sweeteners: In some cases a non-nutritive or nutritive sweetener are added to improve the taste and to encourage the drinkability of the water without adding too many calories.

Flavors: Water soluble natural flavors would provide for thirst quenching appeal and variety to the consumer.

Preferred energy fitness water has a pH range from 3.5 to 7.0 depending upon the packaging and processing used for this water. A specially preferred composition for a ready made energy fitness water has the following composition:

#### EXAMPLE 1

L-carnitine	500mg/liter
Garcinia Cambogia (Super CitriMax (HCA)	700mg/liter
Chromium Polynicotinate (ChromeMate)	100mcg/liter
Calcium	70mg/liter
Potassium	100mg/liter
Magnesium	12mg/liter
Zinc	1.25mg/liter
Selenium	15mg/liter
Vitamin B6	0.7mg/liter
Vitamin B12	2.12mcg/liter
Folic Acid	140mcg/liter

Niacin	2.75mg/liter
Ca Pantothenate	1.5mg/liter
Vitamin C	4.25mg/liter
L-Aspartic acid	300mg/liter
Natural aroma	150mg/liter

The aforementioned formulation contains no sweetener. The pH of the drink is 4.2. The energy fitness water has a very pleasant taste. The purpose of energy fitness water is to provide ingredients that are known and scientifically studied to provide energy, fitness to lose weight, replenish fluids, vitamins, and electrolytes without altering the taste of bottled water.

Energy fitness water is typically ingested at short intervals during physical exertion. The test results show that the influence of pH is significant over the consumption of energy fitness water. The pH range from 4.4 – 7.0 is significantly more acceptable than the product tested at pH below 4.0. The panel indicated that energy fitness water below pH 4.0 tasted like non-carbonated soft drink when served with flavor and sweeteners.

#### EXAMPLE 2

Garcinia combogia (Super CitriMax -HCA)	700mg/liter
Chromium Polynicotinate *ChromeMate)	100mcg/liter
Calcium	70mg/liter
Potassium	100mg/liter
Magnesium	12mg/liter
Zinc	1.25mg/liter
Selenium	15mg/liter
Vitamin B6	0.7mg/liter
Vitamin B12	2.12mcg/liter
Folic Acid	140mcg/liter
Vitamin C	4.25mg/liter
Sucralose	13.0mg/liter
L-Aspartic acid	300mg/liter
Natural aroma	150mg/liter

The energy fitness water Example 2 had the pH 4.5, and contained only non-nutritive sweetener.

### EXAMPLE 3

Garcinia Cambogia (Super CitriMax- (HCA)	700mg/liter
Chromium Polynicotinate	100mcg/liter
Calcium	70mg/liter
Potassium	100mg/liter
Magnesium	12mg/liter
Zinc	1.25mg/liter
Selenium	15mg/liter
Vitamin B6	0.7mg/liter
Vitamin B12	2.12mcg/liter
Folic Acid	140mcg/liter
Vitamin C	4.25mg/liter
Natural aroma	150mg/liter

The energy fitness water had the pH 5.8. The product example # 3 when taste tested against bottled water score significantly better than bottled water.

### EXAMPLE #4

Garcinia Cambogia (Super CitriMax HCA)	700mg/liter
Chromium Polynicotinate (ChromeMate)	100mcg/liter
Calcium	70mg/liter
Potassium	100mg/liter
Magnesium	12mg/liter
Zinc	1.25mg/liter
Selenium	15mg/liter
Vitamin B6	0.7mg/liter
Vitamin B12	2.12mcg/liter
Folic Acid	140mcg/liter
Niacin	2.75mg/liter
Ca Pantothenate	1.5mg/liter
Vitamin C	4.25mg/liter
Sucralose	62mg/liter
High Fructose Corn Syrup	1000mg/liter